

*News Release from the Nursing Division*  
**OCTOBER IS BREAST CANCER AWARENESS MONTH**

The Township of Livingston has declared the month of October as Breast Cancer awareness month. October has been selected to reach out to all people to educate, empower, celebrate and renew our fight against cancer. A woman's chance of surviving breast cancer is greatly improved with early detection and treatment of the disease.

Talk with your health care provider about the risks and benefits of a mammogram. A mammogram does expose you to low-level radiation. But the benefits of finding the cancer early far outweigh the risks. Today other early screenings are available such as the ultrasound. The American Cancer Society guidelines for the early detection of breast cancer are: age forty and over have a mammogram every year, an annual clinical breast exam by your physician, and a self-breast exam every month. Please be aware of the importance of having a mammography. This is an excellent tool for the early detection of a small lump or growth that is not yet palpable, and it could be three to five years before the lump could be physically noted. To assist you, we have mammography information available. Call us at (973) 535-7961.

There are normal breast changes that occur with all of us, especially as we age. Finding a lump, however small, or noting a change in the skin, such as dimpling should be shared with your MD as soon as possible. If there are any areas that are red, painful, and unusually warm or any discharge is noted, call right away.

Please join the Township Nursing Division and the Department of Youth Services on Sunday, October 16, 2005 for the American Cancer Society walk "Making Strides against Cancer." The walk will be held at Mack Cali Business Campus, 1 Campus Drive in Parsippany, NJ, starting at 11:30 am. Registration begins at 10:00 am. Call 1-800-ACS-2345 to get involved.

The Nursing division will hold a "Pink Ribbon" tree decorating ceremony at Livingston Town Hall at 3:00 PM on Wednesday, October 19. The Nurses will also be selling "Pink Ribbons" during October at Shop Rite and Kings to make a donation to the Susan B. Koman Breast Cancer Foundation. Please join us in support of breast cancer awareness at these events. More women are surviving breast cancer than ever before thanks to early detection and better treatments. But, there is still much more left to do!